

UNITY DAILY WORD

The magazine with the spirit of good cheer
that radiates from its printed page and
sparkles in the heart of him who accepts it
as his daily friend.

August, 1928

WITHIN YOU'LL FIND:

"The Silence of Heaven"

(Getting-Results Series, No. 1)

"None of These Things Move Me"

"The Mystical Altar"

10 cents

\$1 a year

PRAYER

I know not by what methods rare,
But this I know, God answers prayer.
I know not when He sends the word
That tells us fervent prayer is heard.
I know it cometh soon or late;
Therefore we need to pray and wait.
I know not if the blessing sought
Will come in just the guise I thought.
I leave my prayers with Him alone
Whose will is wiser than my own.
—*Eliza M. H. Abbott.*

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VOL. IX
NO. 2



AUGUST
1928

UNITY DAILY WORD

A little companion that will daily direct your steps to the sun tipped heights in whose glory you will behold the son of God, for such you are.

Nonsectarian. Published monthly.

F. B. WHITNEY, *Editor*

Editorial suggestions and comments may be addressed to Editor of *Unity Daily Word* % Unity School of Christianity, 917 Tracy, Kansas City, Mo.

BE COMFORTED, MY FRIEND

The dear one that you loved so well
May not appear to sight;
Yet you may know, someway, somehow
He's following his light.
You may not hear, you may not see
Him, just as yesterday;
Yet, still he may be right at hand
To brush your tears away.
This dear one lives in God, 'tis true;
So, if you Godward gaze,
You'll find in God your loved one lives
And joy will fill your days.

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THE SHEPHERD OF MY THOUGHTS

ELIZABETH H. DAVID

The Shepherd of my thoughts infolds and leads
Each little wayward wanderer to its place,
And wisely, tenderly supplies all needs,
From His unbounded store of heavenly grace.

Such fertile, verdant pastures He provides,
For sweet refreshment, nourishment, repose;
And where the crystal streamlet calmly glides,
Deep draughts and clear reflection He bestows.

And then, when shadows brood and foes appear,
And paths seem perilous and oft obscure,
His guiding rod of Truth dispels all fear,
And leads the flock to its Retreat secure.

Oh, blest abiding place! At last we come—
The storm-swept prodigal, the young, the old—
Unto the refuge of our Father's home,
Ourselves in His own likeness to behold!

THE SILENCE OF HEAVEN

The first installment of a new series of special articles entitled, "Getting Results." They will deal with the silence, personal problems, and practical demonstrations.

AT THIS moment the Spirit of Christ is right at your side; His arm is about you; His love is infolding you; His voice speaks to the inner ear of your soul: "Come unto me, all ye that labor and are heavy laden, and I will give you rest." Blame not the discordant noises of the world, blame not people of the world, neither blame things about you if you do not feel the heavenly presence or do not hear the voice.

Back of this world of discord and confusion, inharmony and unrest, disease and lack, back of all this haze and shadow there is another world. Back of that self of you which seems to be so inharmonious and confused, there is another self. Back of all this mist and fog of life are the real and the true—there are light and beauty! There are quietness and peace! There is heaven!

Is the kingdom of heaven right here, now? Is it right where you are? Yes and no. It is not the world of fog and shadow, inharmony and unrest, pain and disease, worries and misunderstandings, bitterness and war in which you sometimes find yourself engulfed. You ask, "Is there a kingdom of heaven, a place of heavenly rest and silence, right where we are, back of all this world of jangle?" Let us give you an illustration right in the natural world.

The little radio wave lives in a world of etheric thought. To the little wave there are no three-dimensional barriers, no hindrances to its movements. To the world of the radio there is no world of stone walls, of impenetrable iron and steel.

Are these two worlds (the world of radio and the world of three dimensions) two separate worlds? Yes and no. In the sense that they are of different quality, interpenetrating each other, we may call them separate and distinct; but there is a relation between them in the sense that the radio wave requires the radio outfit and the outfit requires the wave, to be of value.

So the higher world of thought, the heaven of peace, requires the three-dimensional you, your physical manifestation; and you, if you are not to be swallowed up in the vortex of worldly confusion, need the radio wave of Truth, the peace of heaven.

Are there times when you do not feel the presence of Christ about you and within you, times when you do not hear His voice, do not realize the comfort of words of Truth? Then you are intrenching yourself in the "stone walls," believing in the hard, material things of the outer world, and not living in the world of the spiritual radio.

In the world of "stone walls" you will think of yourself as material like the stones, like the dust, and you will become dust. If through spiritual consciousness you keep yourself in

tune with the peace and silence of heaven, you will be a thing of heaven, always thinking love and truth, manifesting a healthy body in what will become a manifest world of health and beauty.

Living in heaven you can put to silence all belief in worldly discord. Your thought will be in that rarefied sphere in which there is no ignoble thought. The world of confusion will cease to exist for you. Heaven will give you a world of love, beauty, and health in which to live. The power of the silence of heaven will have caused your thought to become purified and regenerated. You will give up old values and old beliefs. Those old inclinations to worry and to become involved in personal problems will be silenced forever. You will move in the glorious company of heaven.

With the arm of Christ, that mystical arm of love and protection, about you, you will move through the world untouched by the things of the world. Oh, how often you have longed to be in the world but not of it! Now you will neither be affected by personalities nor moved by worldly discords. These will find no response in your soul. The silence of heaven will hush all belief in worry and irritation, jangle and disease.

Had you gone through a physical death to reach this heaven of peace and silence, you might have lost a certain contact with old friends; but in the heavens of spiritual consciousness the Spirit of truth has shown you

your old friends through new eyes. As the Spirit of truth directs you to old friends you will find them changed because your concept of them has undergone change. The very silence of heaven will silence those old thoughts of hate and fear, those old personal beliefs in the limitations of your friends.

As you go about your daily work you will find that you perform your daily tasks and handle your business in a new way. Will you be fearful in finances? Will you fear competition? Will you be undecided about the best move to make? No, the silence of heaven, the confidence of spiritual consciousness, will put indecision, failure, and fear to flight. Some strange but welcome power will enter into your affairs and a holy hush will silence all opposition to your success. Knowing the truth of your relationship to all the good things of the world, you will find that this knowledge will silence the old fears and doubts.

Do you recall how you used to try to enter the silence? Now you find that the greatest silence of all is that consciousness in which you abide in the peaceful presence of Christ. Down deep within you you have always felt that some mystic presence was right with you. At times it seemed to hush your clamoring thoughts. At times when you were alone you had the experience of feeling that all the people and things of the world were as nothing and the presence was all that was real and true. And now you know that this something, this

mystic presence of Christ, this reality within and about you, within and about the real things of life, is all there ever can be.

How did you find this silence? Just by turning away in thought from the jangling confusion of the world; going deeper and deeper in thought until you found the quietness of heaven back of the confusion of the world. There you found God, yourself, heavenly silence, rest and refreshment.

So we who believe in the presence of Christ cannot permit ourselves to become involved in adverse beliefs: beliefs in inharmony, disease, and adversity in various forms. We have but to turn to heaven in thought, to enter into the silence of heaven to see the carnality of the world disappear and to behold the presence of Christ.

The silence of heaven will silence the wicked tongue. We cannot speak ill of ourselves or of others, neither can they speak maliciously of us when we know the power of heavenly silence.

The silence of heaven will still all mortal belief, all pain, all war, revealing to us the mystic presence of Christ here and now, disclosing to us the beauties of heaven all about us. Turn toward heaven and its silence will pacify every condition in your life, stilling troubled waters, revealing the truth of your heavenly citizenship.

Next month, "Silence and Health."

"NONE OF THESE THINGS MOVE ME"

*Let us be unaffected by limitations and things
of the external*

Would you like to live a life of detachment, a life in which you were unaffected by people and things, one in which you ceased to vibrate to unpleasant situations, one in which you actually lived—lived the ideal, radiant life you have always visualized? Of course, you have had this longing and, no doubt, even at times when you seemed most attached to unhappy situations and to people who misunderstood and harassed you, you have felt down within yourself that in some way or other you really were above petty situations and master over things of your world.

There are many students of Truth who know how to apply the teachings of Jesus to problems of health and of finance, yet have to learn how to get into that consciousness in which they will not be affected by people and things. The personal equation seems to be more difficult to them than those problems bearing upon health and prosperity. No doubt many persons would easily make their demonstrations if they would learn to handle personal problems.

The first thing for you to learn when trying to make the personal demonstration is that God in the midst of you is all-in-all, greater than all else in the universe. If you think of external things or of people as having greater power over you or your life than you have through

your consciousness of God within you, then you get into a state of being dual minded and of thinking of gods many.

Have you ever thought that this matter of letting people and things affect you is entirely a matter of personal consciousness? Do you know that the whole situation does not concern people and things but that it evolves around your belief in the power of the external?

Change your thought about the external and it has no power over you; it can no longer make you uncomfortable or give you a feeling of distress. The admonition of Jesus, "Love your enemies," has a psychological aspect which is not often recognized. From the standpoint of mind we can see that what takes place is not love for the persons who have been represented as enemies, but an exchange of loving thought for the thought of enmity which has been entertained.

Is there some one in your life who disturbs your peace of mind? Possibly you answer yes but this answer is not altogether true. In the world of appearances some one appears to disturb you. Explained according to Truth, the situation is solely one in which you are entertaining a thought which makes you unhappy. Possibly this person has done nothing to harm you. Possibly you have been mesmerizing yourself with a belief which has no foundation. In Truth this is just what has taken place. The person has not been harming you; neither could he possibly do so.

What is the proof of all this? Change your mental attitude and prove it for yourself. If you think that some person has power to harm you and is doing so, change your thought. Reverse the mental attitude. Think of him just as you think of one whom you love very much. You need not think of him in a personal way. What you must do is to entertain the same quality of thought which you entertain for your friends.

You are not able to do this? Another proof that you are in personal consciousness, burdened by personal beliefs, beliefs that persons and external things affect you. Can you say, "*'None of these things move me.'* No one in the world has power to make me unhappy. Christ within me is all power, all love, and I share my love with all the world," and mean it?

When trying to make a demonstration over persons and things, cease to think of them as things external to you. Give your whole attention to redeeming your thought about them. You need not even seek to change them through your right thought. Change your thought and see what happens. Your conception of people and things will change and you will find that they have changed too.

"'None of these things move me.' That within me which is high and noble refuses to be debased by the belief that external things have power. Through eyes of Spirit I see myself master over my world, a world of love and understanding."

A FABLE

EVE BRAZIER

The sun had heard a strange, weird tale
From earth folk of the dark,
Where not a ray of light appeared
A golden path to mark.
He scarcely could believe it but,
To find if it were true,
He then set out upon his quest
To search the whole world through.

But nowhere could he find the dark,
For everywhere he went
The world was bathed in golden light
And seemingly content.
"Ah, ah," said he, "now I have proof
Their story to dispel.
I'll take them with me on my rounds
To show them all is well."

WEDNESDAY, AUGUST 1

Today's Word of Power: *The forgiving love of the Christ now releases all error from my consciousness.*

The statement for today is taken from the Unity calendar for August.

Christ in the midst of me is a presence of love. Before this mighty presence I yield every limited belief about myself. Love unbinds and releases me from all bondage to error thought. I am unbound and unfettered.

Christ's unconditional forgiveness is now at work in my consciousness. Christ, the truth, sets me free from false beliefs. His forgiving love causes me to forgive myself, to forgive others, and to be restored to my original state of happiness and perfection.

My consciousness is refreshed through the knowledge that in Christ I am forgiven for every limited thought, word, or deed. I am refreshed through the consciousness that I now stand in the presence of Christ freed from every error and every sin of the past.

The forgiving love of Christ frees my mind and my body from limitation and I am filled with peace and health.

Jehovah is slow to anger, and abundant in lovingkindness, forgiving iniquity and transgression.
—Num. 14:18.

THURSDAY, AUGUST 2

Today's Word of Power: The presence of God within me frees me from all fear and I am fearless and courageous.

I will not fear, because there is no fear within me or within my world. There is nothing within me to respond or vibrate to fear. I rise above fearful thoughts and all belief that I can be afraid.

I go forth conscious that God is in the very midst of me and all about me. He is within me and I am in Him. I can have no sense of fear, because God within me is unafraid. I have no fear of persons or of things of the external world, because God within me is greater than all else.

The presence of God prompts me to know the truth of my relation to all living things and He in the midst of them cannot make me afraid. I know that God in their midst is mightier than all desire to harm.

I am not afraid of disease or contagion. My God is a god of health. My God is greater than all belief in powers of disease. **My** God is all-in-all.

I have no fear of the future. I know that God is now taking care of the situations of tomorrow.

The King of Israel, even Jehovah, is in the midst of thee; thou shalt not fear evil any more.
—*Zeph. 3:15.*

FRIDAY, AUGUST 3

Today's Word of Power: *Every circumstance in my life brings me a blessing. I am continually blessed by the presence of God, the good.*

I do not believe that any event or situation can bring me evil or disaster. I do not think of any circumstance in my life as capable of producing adversity. I know that all things work for my highest good and that every thing must yield a blessing to me.

Every person who comes to me this day brings me some good. He brings his good will and his blessing. He inspires me to realize universal brotherhood.

The presence of God makes Itself felt in many ways. God comes to me in many guises but beneath each one I perceive the good.

I am continually blessed because I continue to know that I am unified with God, the source of all good. I cannot be separated from Him, neither can I be separated from my blessings.

Blessings come to me from every direction. The very blessings of God are showered upon me and I find myself in the midst of numberless blessings. I am blessed with peace, health, and plenty. My blessings continue to multiply and increase.

The blessing of Jehovah be upon you;
We bless you in the name of Jehovah.

—Psalms 129:8.

SATURDAY, AUGUST 4

Today's Word of Power: *My body is the temple of the living God and it is radiant with God's presence and health.*

I no longer think of my body as imperfect or diseased. I do not think of it as susceptible to disease, weakness, or death. I know that in Truth my body is not flesh; it is spiritual.

As the temple of the living God, my body is free from every unholy condition. No impure condition can remain in my body, the temple of God. The presence of God puts all impurity and disease to flight.

The presence of God—the presence of purity, life, strength, and health—causes my body to manifest the spiritual perfection which it should manifest. The purifying, vitalizing, healing power of God is now filling my body temple and I express health and perfection.

Henceforth I will think of my body as spiritual, belonging to God. I sacrifice every unholy practice in order to present my body to God as a temple fit for His holy presence. I make of my body a fit dwelling place for the Holy Spirit and it is radiant with life and health.

Know ye not that ye are a temple of God, and that the Spirit of God dwelleth in you? . . . for the temple of God is holy, and such are ye.—*I Cor. 3:16, 17.*

SUNDAY, AUGUST 5

Today's Word of Power: *Freed from doubt and distrust, I walk forth in the mighty faith of God.*

I am no longer swayed by doubt and distrust. Unbelief cannot cause me to lack faith in myself, in God, or in my fellow man.

Established in faith, I am free from doubt and unbelief. I am free from questioning the deeper things of life which I do not understand today.

I walk forth charged with faith in God, faith in Truth, faith in the nobler things in life. I have faith that Truth will prevail. I have faith that good will overthrow evil and that God will establish Himself in my life.

I have faith in the harmonizing power of God. I know that my every disturbing thought is now harmonized through the presence of God, the truth.

I have faith in the healing presence of God. I know that in every part of my mind and my body God is now doing His healing work. I know that peace of mind and health of body are now mine.

I go forth charged with the consciousness and the faith that God is with me in all that I do and that I am eternally one with Him.

Seeing that he had faith to be made whole, said with a loud voice, Stand upright on thy feet.—*Acts 14:9, 10.*

MONDAY, AUGUST 6

Today's Word of Power: *I do not criticize or condemn myself or others. There is no faultfinding in my consciousness, the consciousness of man's innate perfection.*

I am free from all tendency to criticize or to condemn. I have no desire to find fault or to call attention to the shortcomings of myself or others. I do not care to look at the imperfections of others. Back of all appearances I behold the perfection of man's spiritual being.

Freed from criticism and condemnation, my consciousness no longer shows any tendency to self-condemnation. I give up the habit of condemning myself for deeds of the past. I free myself from all inclination toward self-condemnation.

Instead of criticizing others, I rejoice to praise them. Instead of finding fault, I am happy to be able to see the good and the true. Through my consciousness of man's innate perfection I can see myself and all others as the sons of God, for such we are.

My spiritual consciousness is at-one with the spiritual consciousness of all men. Through this higher consciousness we are able to see one another as we are in Truth.

Neither do I condemn thee: go thy way; from henceforth sin no more.—*John 8:11.*

TUESDAY, AUGUST 7

Today's Word of Power: *I do not recognize or countenance evil as having power. In its stead I behold God, the good and the true.*

Neither evil, limitation, nor disease has any power in my life. I do not think of evil as having place or power. I know that in Truth evil has no existence, since it is not of God.

I do not think of evil or disease as mine or as related to me personally. I have no contact with anything which is evil. I am not in communication with evil beliefs, neither am I in touch with anything called evil.

I know that God, the good and the true, alone has existence, being, place, and power in my life. I know that only the good, the manifestation of God, is eternally true. Only that which is based upon God, the principle of Truth, can endure.

Disease is not real according to Truth because God, perfect health, is the truth of man's being. Lack is not true because God, infinite substance, is the very substance of man's life and existence.

There is but one god in my life—God, all good. My god is a god of life, love, power, and understanding.

**A perverse heart shall depart from me:
I will know no evil thing.**

—Psalms 101:4.

WEDNESDAY, AUGUST 8

Today's Word of Power: At no time do I think of God as apart or away from me. I know that God is always right at hand and that I am one with Him.

God is never separated from me or away from me. I do not think of God as ever apart from me and my life. I am so interrelated to God that there can be no dividing line between us. No sense of separation can exist between us.

I am forever unified with God. He is ever near to me, always ready to help and to serve me. His life and His love are mine and He continues to draw near to me with His healing life. I move in thought toward God and I feel Him draw nearer and nearer to me.

When I need help, God is right at hand. I am filled with His wisdom and love. I know just what to do at all times. Underneath me are His everlasting arms. About me is His soothing and inspiring presence.

I cannot lack life or health. Inexhaustible resources of life are at my disposal and I draw upon them without fear of depleting them. God's resources are right at hand and I freely draw upon them.

That they should seek God, if haply they might feel after him and find him, though he is not far from each one of us.—*Acts 17:27.*

THURSDAY, AUGUST 9

Today's Word of Power: The belief in injustice has no place in my consciousness. I know that the justice of God prevails at all times.

I do not believe in injustice. I do not think of it as having any power or place in my mind or in my affairs. I have no desire to be unjust to others. I do not think of others as dealing unjustly with me.

I know that God's justice is always at work in my affairs and I need but lift my consciousness to Him in order to see this justice in action. While I dwell in the consciousness of justice nothing else can operate in my affairs; only God's infinite justice can prevail.

I give no thought to any belief in injustice as operating in the past. I do not accuse others of being unjust with me yesterday. I know that today God's justice is mighty to wipe out every former concept of injustice.

I bless all my affairs, knowing that righteousness and justice will wipe out every belief in injustice. This blessing protects all my affairs from every adverse belief.

God, the just, is now managing my affairs and absolute justice is established in me and in all that I do.

Every morning doth he bring his justice to light, he faileth not.—*Zeph. 3:5.*

FRIDAY, AUGUST 10

Today's Word of Power: I do not inherit the woes of the flesh. I am this day reborn into a consciousness of my divine sonship.

I erase from my consciousness all belief in fleshly heredity. I wipe out all thought that I am bound to the woes of the flesh. I deny that I can inherit disease.

I realize that I am not born of flesh but of Spirit. I am the perfect son of God, the brother of Jesus Christ. God is my father and bestows upon me His life, strength, health, and perfection.

As the son of God I am master over all things of my world. There is nothing in all the world to frighten or to dominate me. I have the power of my father when acting from spiritual consciousness.

I am reborn into a consciousness of my divine perfection. I no longer think of myself as limited in any way. I am conscious of my divine sonship, conscious of the presence of God within me.

I realize now that I am manifesting more and more of the likeness of God within me. I express the likeness of my heavenly Father.

Jehovah said unto me, Thou art my son;
This day have I begotten thee.

—Psalms 2:7.

SATURDAY, AUGUST 11

Today's Word of Power: *The truth of life taught by Jesus Christ is the standard of my life. My every thought and act conforms to this truth.*

In the Christ consciousness I perceive the truth of life and of Spirit. I know that which is true and that which is not true. I know the truth by which I am to live and by which I am to express the Christ within me.

The truth of Christ is the truth of my health. Conscious of this truth I am freed from all belief that disease can be any part of me. I know that perfect health, not disease, is true of me, God's image and likeness.

The truth of Christ is my guide in all things. Following this truth I cannot be misled into accepting the untrue for the true.

The truth of Christ guides me in my relations with others. True to Christ, I am true to my fellow man. I behold in every one the perfect Christ of God now coming into manifestation.

I am true to Christ because I am true to the voice of God within me. I am true to my highest ideals because they but show the coming of higher and better things into my life. I am true to myself because my real self is the self of God.

Grace and truth came through Jesus Christ.
—John 1:17.

SUNDAY, AUGUST 12

Today's Word of Power: Rising above every belief in bondage, I proclaim my unlimited freedom in Christ.

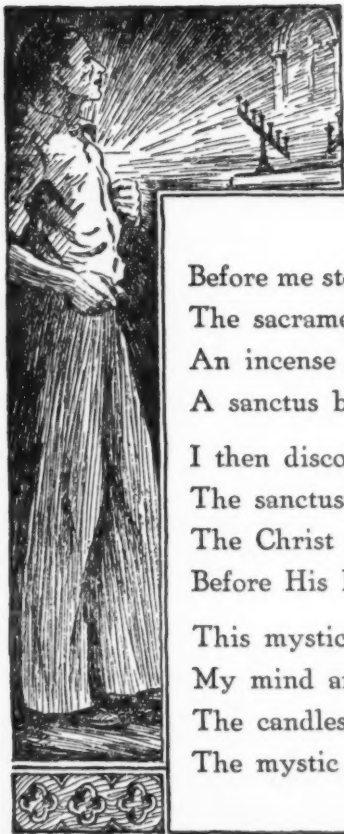
I deny that any limiting belief can limit me or cause me to think of myself as other than the child of God. I rise above every belief which would restrict or limit my perfect expression as God's perfect child.

I will no longer be entangled in adverse thought. I will not believe that I am under bondage to any external thing or to any person. I do not think of myself as deprived of liberty or as bound to unjust law. I do not believe that any person can hinder my progress. I do not believe that any situation can delay my advancement in the truth.

Mentally I am free. My mind is free to think the truth and to demonstrate the teachings of Christ. My mind is filled with new ideas which move freely and without hindrance.

Physically I am free. My body is free from all belief in heaviness, depression, age, and disease. My nerves and muscles are charged with the free-flowing life of Spirit. This life flows freely to every part of my organism.

For freedom did Christ set us free: stand fast therefore, and be not entangled again in a yoke of bondage.—*Gal. 5:1.*



The Mystical Life

Frank Whitne

Before me stood an altar—candles, flowers
The sacramental Host enthroned, with
An incense settled o'er my head like h
A sanctus bell called forth a hush befo
I then discovered in my soul an altar
The sanctus bell of love rang out with
The Christ within me was enthroned, a
Before His Presence I laid all, and look
This mystic Presence shone within and
My mind and body freed from darknes
The candles in the church burned dow
The mystic Presence still shines forth—

The ed Altar k Whitney



les, flowers, and beauty there!
ned, with radiance filled the air;
ead like benediction rare;
hush before the Presence fair.

l an altar all my own;
g out with loving, peaceful tone;
enthroned, all else I would disown;
ll, and looked to Him alone.

within and filled me with delight;
om darkness sensed His mystic light;
ourned down, within they burned more bright;
ines forth—within! both day and night.

MONDAY, AUGUST 13

Today's Word of Power: *The Spirit of God within me guides and directs me into paths leading to my highest good.*

I cannot abide in a state of disorder and confusion. I cannot be undecided about what I should do or where I should go. The Spirit of God within me leads me out of disorder and confusion and I walk in paths of righteousness, pleasantness, and peace.

In the paths of Spirit there are no indecisions, no hardships, no unfulfilled desires. As I go forward in the way of Spirit I come into a clearer realization that my good is right at hand. These paths bring me into a realization and possession of my heart's desire.

In the paths of Spirit the light of Truth shines about me and before me. I am guided and directed into all things. I see but one way before me, the way of Spirit, the way of peace and plenty.

My feet are planted on that highway which leads onward and upward. I rise to a clearer understanding of the truth that right now I have all that I need for my fullest expression.

He guideth me in the paths of righteousness for his name's sake.—*Psalms 23:3.*

TUESDAY, AUGUST 14

Today's Word of Power: *I am now conscious of infinite power and Christ in me has dominion over everything of my world.*

Knowing the truth of Christ, I cannot yield to the belief that any person or anything in my world could subjugate me to itself. I refuse to believe that there are powers external to me. I know the truth that only Christ within me has power. Only the truth of God can operate in me or affect my environment.

Since I am established in the truth of my innate power, I no longer attribute power to disease, lack, or death. I do not think of any adverse or negative condition as having power. Only that which is of God, of Truth, can have real power.

I have power to cast adversity out of my life. I have power to establish the truth and to see perfect health and plenty manifest. I have power not of my personal self but from Christ, omnipotent power, within me.

Attributing all power to Christ I draw to myself all that shows forth the power of Christ. My world is filled with Christly power. I recognize Christ as the mighty power of good.

The upright shall have dominion over them in the morning.—*Psalms 49:14.*

WEDNESDAY, AUGUST 15

Today's Word of Power: *I am lifted above every earthly limitation and dwell in heaven, eternal harmony.*

I have power to lift myself above every belief in limitation. I have power to rise above the narrow, confining beliefs of the world. I have power to rise above inharmony, lack, and disease.

Through spiritual consciousness—realization of my oneness with God—I am this day exalted. I am lifted to that consciousness in which I perceive myself as inseparably joined with my heavenly Father.

Through spiritual consciousness I am free from all bondage to fleshly beliefs and unified with those things which belong to God. I am unified with life, love, strength, and wisdom.

In the heavens of spiritual consciousness I perceive myself as expressing the perfect Christ of God which is within me. I see myself manifesting the heavenliness of my highest ideals. I behold myself expressing that innate perfection which has been mine since the beginning of the world. I realize that I am of the nobility of heaven.

Now will I lift up myself; now will I be exalted.
—*Isa. 33:10.*

THURSDAY, AUGUST 16

Today's Word of Power: *My vision is cleared of all cloudiness. My eyes—my spiritual eyes and my physical eyes—see all things clearly.*

My vision cannot be blurred or weak. My eyes cannot lack strength. I see through the eyes of God, my spiritual eyes, and I manifest perfect vision in the physical.

I do not think of my eyes as being imperfect. I do not think of my sight as being impaired. I know that I, the perfect son of God, have perfect sight. God made my eyes perfect and strong.

My eyes can feel no sense of strain. I do not need to be tense in order to see. The presence of Christ's life and love fills the muscles and nerves of my eyes and I see all things without strain or personal effort. I see all things clearly and distinctly.

Through spiritual consciousness I come into a clearer realization of spiritual vision. I realize that my physical eyes are but the outer expression of my spiritual eyes, the eyes of God.

I understand all things and I see through spiritual understanding.

The hearing ear, and the seeing eye,
Jehovah hath made even both of them.

—Prov. 20:12.

FRIDAY, AUGUST 17

Today's Word of Power: *My life is purified of all belief in inharmony, hardship, or disease. I radiate the peaceful, healthy, perfect life of Christ.*

My consciousness is cleansed of all impurity and my life expresses the purity of Christ. My life is radiant with the light of Christ and my body is cleared of all darkened conditions.

My mind is cleared of all belief in strain and tension. My body is relaxed and at peace. All stagnation is removed from my body because the cleansing, swift-flowing life of Spirit equalizes all my body forces.

My body is cleansed of all disease because in Christ I have pure life and abundant health. In Christ my health is forever established and through me Christ expresses abundant health and life.

My life is the life of Christ within me and I cannot lack life. I am vitalized through the living presence of life. I am energized through the presence of the vitalizing, healing life of Spirit.

*Thy life shall be clearer than the noonday;
Though there be darkness, it shall be as the morning.*

—*Job. 11:17.*

SATURDAY, AUGUST 18

Today's Word of Power: Established in spiritual consciousness, I speak words of power and of truth—effective words.

Established in the consciousness of Truth, I speak words of truth. From Christ within me I declare the truth of my being. Since I am established in spiritual consciousness, I cannot speak words of negation, gossip, disease, or lack. I am established in the positiveness and forcefulness of Spirit.

I know that my words have power, since they are backed by the Spirit of truth. My words are spoken through spiritual consciousness and I know that the Spirit of truth speaks through me.

I have power to speak the healing word and to see it manifest as perfect health. The healing power of Christ within me is now expressed in my word of healing. Every declaration of health which I make is saturated with the healing power of Christ.

Christ within me speaks words of peace, health, and plenty and I know that my words are powerful to establish such conditions.

Let the words of my mouth and the meditation of
my heart
Be acceptable in thy sight.

—*Psalms 19:14.*

SUNDAY, AUGUST 19

Today's Word of Power: *I behold the Christ within me now coming forth as my perfect expression of God.*

I no longer see myself as imperfect, diseased, or limited in any way. I do not think of myself as a failure or as a misfit. I deny that I am or can be anything short of the perfect child of God, for such I am in truth.

My vision of perfection restrains me from thinking, saying, or doing anything which is ignoble and unworthy of me, the child of God. My consciousness of Truth keeps me from relating myself to things contaminated with adverse thought.

I behold within myself the Christ of perfection. I see myself expressing Christ—life, love, health, and perfection. I see myself as manifesting all these and as bringing into visibility those innate qualities which are of Christ.

I am true to the vision of Truth which the Spirit of Christ presents to my spiritual sight. I am true to the vision of heaven here and now and I behold myself as now living in heaven.

I see myself doing that which I have always hoped to do. My ideals are made real.

Where there is no vision, the people cast off restraint.—*Prov. 29:18.*

MONDAY, AUGUST 20

Today's Word of Power: Jesus Christ is now here raising me to His consciousness of faith in God, with power to cast out evil and to heal the sick.

This statement is the Silent Unity healing word to be used from August 20 to September 20.

The presence of Christ raises me to spiritual consciousness in which my faith is quickened and I am restored to health. I have faith that God, the good, will prevail. I have faith that health, not disease, will manifest itself in me.

Jesus Christ is now with me, helping me to cast out every belief in evil, limitation, and adversity. I cast out every negative belief which would cause me to believe in disease. I renounce every thought which would express itself in me as weakness, disease, or limitation.

In the Christ consciousness I realize that I have the power of Christ to heal. Established in Truth, I am established in health. My powerful thoughts and words of life and health are now manifesting in my body temple as the mighty health of Christ.

Through the power of Christ I am made whole. I am healed through the Christ consciousness. I am one with the health and life of God.

Heal the sick, raise the dead, cleanse the lepers, cast out demons.—Matt. 10:8.

TUESDAY, AUGUST 21

Today's Word of Power: *I give thanks, I bless and praise my bountiful God for the constantly increasing good that is now coming to me from every direction.*

This statement is the Silent Unity prosperity word to be used from August 20 to September 20.

I deny that my good can decrease or that my success can turn to failure. I deny that my good in any wise can be kept from me.

I give thanks that my good is constantly increasing. I am grateful for every evidence of the multiplying and increasing power of Spirit. I thankfully receive every good thing which comes to me.

I give thanks for abundant prosperity. I know that I have an abundance for every need. I know that infinite resource is mine and that all my daily needs are abundantly supplied.

I give thanks for health. I bless the health that I have and give thanks for every evidence of God's life which appears.

I am thankful for every good thing. I rejoice to count my blessings and to see them multiply and increase.

I am thankful for my knowledge of Truth, since through it I am prospered and blessed in many ways.

Jehovah thy God will bless thee in all thine increase.—*Deut. 16:15.*

WEDNESDAY, AUGUST 22

Today's Word of Power: I know the truth that I am protected from all harm. I rest secure in spiritual consciousness, knowledge that God is always with me.

My spiritual consciousness is my defense against all harm. I need not personally resist or contend against persons or things. I know that the power of Spirit is more potent than personality.

I depend upon the truth to correct all falsehoods and to defeat all that would attempt to thwart the truth. I know that no untruth can live in the presence of the consciousness of Truth.

The truth of Christ, the truth of my being, is my strong defense. Christ is my defender and my savior. Christ is my protector and my protection. Christ is a mighty tower which stands above lesser things of the earth and in this tower, this high consciousness, I abide forevermore.

I rest secure in the understanding that God is ever with me, within and about me. I know that His presence is a shield and an armor and I go forth enfolded in His presence. Knowing this mighty truth I abide in spiritual consciousness, in wisdom, and in peace.

Wisdom is a defence.—Ecc1. 7:12.

THURSDAY, AUGUST 23

Today's Word of Power: *Through the ever-renewing consciousness of Truth, I am mentally and physically renewed.*

My spiritual consciousness supplies me with new ideas about life. These ideas renew and refresh my mind and I am mentally regenerated. Old and useless ideas are now cast from my mind and it is full of new and spiritual ideas.

The ever-renewing consciousness of Christ gives me new vision and a new outlook upon life. I see all persons and all things from a new angle. I see myself and all others freed from limited impressions of the past. I see us evolving through ever-renewing processes into new creatures in a new world.

My environment changes because of my new ideas and I see myself in the midst of peaceful and pleasant conditions.

Through the ever-renewing consciousness of Spirit, I lay hold of my spiritual self. I see my ideal self manifest in the perfect physical. I see my body being renewed and recharged through the presence of Spirit. I am now evolving into perfect health, in the realization that I am renewed in every part.

So we also might walk in newness of life.
—Rom. 6:4.

FRIDAY, AUGUST 24

Today's Word of Power: I am peaceful toward God and toward myself and I find myself at peace with all things in my world.

I give up all tendency to be combative or antagonistic. I am not at war with myself, with my associates, or with my world. I do not spread the propaganda of hate.

I am at peace with myself. I am at peace with my higher self. I am at peace with God. Through peace I am harmonized with all living things. I am harmonious toward my family, my relatives, and my associates.

Dwelling in peace, I see my whole world change. I see adversity pass from view. I see the dawning of a new day and I see myself master over adverse beliefs.

Dwelling in peace, I am free from mental tension and depression. I enjoy the peace that passes all understanding.

My body is at peace. It is free from weakness, tension, and disease. My spiritual consciousness externalizes and expresses itself as physical peace and perfect health. My nerves are at peace because they express the calm peace of God.

Everything in my world is at peace because I am at peace with all things.

The beasts of the field shall be at peace with thee.—*Job 5:23.*

SATURDAY, AUGUST 25

Today's Word of Power: *I am grateful, thankful, and appreciative. Showered with blessings, I heartily give thanks.*

Gratitude, thankfulness, and appreciation fill my heart and I am happy and thankful. I am thankful for every evidence of the goodness of God. I am appreciative of every good thing which comes into my life.

I give thanks for the truth of life, the truth of Jesus Christ. I give thanks that Jesus has bequeathed to me the truth which frees and heals. I am thankful that I know the truth of life and that I am endeavoring to live it.

I am thankful for every advantage, every comfort, and every evidence of God's providing love. I am thankful that right now more blessings are coming into my life.

I give thanks for health. I know that when one gives thanks for the health that he has, he will come into a greater consciousness of health. I feel that my body is rejoicing with health and that in its own way it is giving thanks for health, strength, and perfection.

I give thanks for love and for the many blessings that love brings into my life.

I thank thee, and praise thee, O thou God of my fathers.—*Dan. 2:23.*

SUNDAY, AUGUST 26

Today's Word of Power: *The joy of the Lord fills me to overflowing and I am radiant with joy.*

Because I am established in the joy of Christ, I am free from all sadness, sorrow, and depression. Nothing in all this world can keep me from knowing the truth of Christ and from expressing its joy in all that I do.

I am joyful because I am filled with the joy of Christ. I rejoice that Christ in me is now expressing Himself as my joy and that I am filled to overflowing with His radiant joy.

I rejoice to see the universe as one of joy, filled with the joyful presence of Christ. I behold joy back of sorrow. I see joy displacing grief and depression. I see the countenances of all men changing from frowns to smiles and I behold in their faces the light of Christ.

In the joy of the Lord I behold myself forever joyful. I see myself eternally unified with God's joy. I behold myself at-one with His infinite joy.

I now claim joy as my own forevermore. I resolve to view all situations from the standpoint of joy. I know that God's will for me is joy and I am glad to give expression to it.

In the joy of the Lord I am now established and joy radiates within and through me.

Rejoice in the Lord always: again will I say, Rejoice.—*Phil. 4:4.*

MONDAY, AUGUST 27

Today's Word of Power: I am not bound to the past or to limited ideas about time. I live in the freedom of the eternal now.

My consciousness is cleared of all belief in the past, in the future, or in time. I am not bound to man-made ideas about time. I am not limited by beliefs which would limit my thought or my actions through consideration of the time element.

I live in the glorious today, in the present moment, in the eternal now. I know that now is the only time that Spirit recognizes, the only time there is for me to consider.

I know that right now my mind is being cleared of all past mistakes, all limitations of yesterday, all tendency to look to tomorrow. I live in the eternal now of Spirit and enjoy Spirit's blessings right here and now.

The glorious moment of demonstration is now at hand and I demonstrate and practice spiritual truths right at this time. I have faith that I am able to demonstrate the teachings of Christ right now.

Now is the only time. I live in the now. I manifest my spiritual self now. I love my friends now. Now all things are accomplished.

The time is at hand.—Rev. 1:3.

TUESDAY, AUGUST 28

Today's Word of Power: *I rest from all tension, worry, and resistance. My mind and my body are relaxed and I rest in the presence of God.*

I turn away from all inclination to resist, to worry, or to be tense. I turn from that life in which a person would feel that he must worry and struggle for existence. I turn from care and from strain.

I rest in the omnipresence of God, the presence of perfect rest. I rest in the consciousness that all things are working for my highest good. In the consciousness that all things are in God's keeping, I rest and relax.

I relax from dark and heated thoughts. My mind is free and easy. I think the truths of Christ and I am at peace, free from care and anxiety.

The muscles and nerves of my body are relaxed and I am physically at peace. There is no tension in my body and it senses the perfect rest of God within. The very presence of God brings sweet peace to me and causes me to be easy and relaxed.

I give thanks for the consciousness that I am relaxed, true to Christ, resting in His love.

Ask for the old paths, where is the good way; and walk therein, and ye shall find rest for your souls.—*Jer. 6:16.*

WEDNESDAY, AUGUST 29

Today's Word of Power: God, the principle of Truth, is the law of my life and I conform my thoughts and acts in obedience to His truth.

I recognize but one standard for my thinking and for my deeds: I claim God, the principle of Truth, as my guide and I conform my life to His laws.

I am under no obligation to any so-called law of evil, disease, hate, or death. I do not recognize any power or any law as equal to God, the law of good.

I know the law of right thinking. I can rule myself and my world through the power of right thought, the power of the Christ mind within me. I willingly conform my thinking to the mind of Christ and I have power to overcome all things in my world.

The law of God is the law of my health. The law of life, strength, and love is the standard upon which my health depends. God's law, the law of perfect health, is the only law which can rule my physical body.

By the law of Spirit I take command of my world. Nothing external to me can overthrow the power of this law. All must give way to Spirit, the perfect law of my life.

For we know that the law is spiritual.—Rom. 7:14.

THURSDAY, AUGUST 30

Today's Word of Power: *I no longer seek satisfaction. Within the depths of my being, I have found God—substance, refreshment, satisfaction.*

Knowing the truth that God is within me, I turn from seeking satisfaction in the world without. I do not expect external things to satisfy my soul.

In the inner depths of my being, I find God. I find that for which I have always sought. I find that which satisfies, comforts, and refreshes me. I discover that which fulfills my every desire and satisfies my every longing.

I know that things of the external world do not have power to make me happy. I know that the world without does not have power to give me that which is real and true, that which is God.

God within me satisfies my life with love. He fills my heart with all that my love requires. I am satisfied with God's love. I find that it fills me full of satisfaction.

God satisfies my life with health. My body is fed upon the substance of God and every cell and nerve is satisfied. God is all that I need in order to be perfect mentally and physically.

He satisfieth the longing soul,
And the hungry soul he filleth with good.
—*Psalms 107:9.*

FRIDAY, AUGUST 31

Today's Word of Power: *Through my consciousness of Truth I am willing to help others realize the truth of their own being.*

I am always willing to speak a word in season to help another understand the truth of his being. I know the truth which enlightens, frees, and heals and I rejoice to see my fellow man lifted to the consciousness in which he knows the truth.

I am always ready to declare the truth silently for those not ready for the spoken word. Even those in darkness can be lifted to the light.

I serve God by serving others. I am happy this day to be able to make another's load lighter by helping him to take a better outlook upon life. I know there are no burdens for the one who knows the truth.

I know that my consciousness of truth is contagious. Those about me share in my consciousness of service and freedom. All those who move in my world can be helped by the high consciousness in which I am established.

Keeping the high consciousness of man's perfection in Christ, I see all men lifted to a realization of their indwelling Christhood.

Bear ye one another's burdens, and so fulfill the law of Christ.—Gal. 6:2.

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